Transformation Through Timeline

by Kent Safford

So far, my path with The Monroe Institute has taken me directly from the *Gateway Voyage* through *Starlines*. Every graduate course has been filled with magnificent experiences including my recent visit with *Timeline* (September, 2004). However, my response to the dynamic of this program was very different. The intention was geared specifically for each individual to have an opportunity to investigate his/her personal journey in this lifetime. Program creator Lee Stone, who co-trained our group with clinical psychologist Charleene Nicely, packaged his 25+ years of trance induction experience, education and expertise into a new toolkit that would assist us to embark on the next leg of our personal excursion.

The Monroe Focus Level 15 State of No Time – where time does not exist – was the staging ground for these adventures. Until I completed this program, F-15 had been an elusive and hard-to-pin-down realm of extrasensory functioning. Those individuals with psychic intuitive abilities, as well as remote viewers, PK practitioners and many healers often have a solid foothold here. During our week at *Timeline*, we got lots of practice in getting familiar with this territory.

We also learned numerous techniques for moving in to Focus 15. In most sessions, we would typically step up from F-10 to F-12 and settle in to F-15, where we would meet our inner self-helper.

Our first day or two were unusual as several of us reported a high number of click-outs. Curiously, a hurricane was dumping buckets of rain on us and there was some speculation that the extreme low pressure of this storm might have had a dampening effect. Charleene and Lee quickly made a few program adjustments and - Voila! – A major shift in our group occurred. It all turned out very well as several individuals reported having their first OBE!

Right off the bat we were exposed to numerous ideas surrounding the notion of reincarnation. Charleene and Lee as well as our guest speaker were encouraging us to consider replacing any beliefs we might have about sequential lifetimes with the more practical perspective of simultaneous lifetimes. Although this was mind-bending at first, we soon shifted our discussions of *past lives* and *future lives* to the more constructive term of *other lives*. As Lee is also an artist, he created illustrations of several visual metaphors that greatly assisted us in conceptualizing this new paradigm. As a result, I had several experiences that caught me by surprise when my path of inquiry led me through multiple lives.

Some exercises were intended to ease us into a state of psychological safety and harmony regarding the death experience. We observed episodes of how we passed on in other lifetimes, in both difficult as well as effortless deaths.

We also had opportunities to visit the early days of our current lifetime in order to examine any influences on the present day patterns. We were then given instruction on how to alter those patterns at their inception – thereby releasing them once and for all!

There were a few time travel visits with our local lifetime future. During these exercises we learned how to access the collection of wisdom we would naturally accumulate over a full and rich life. Capturing these insights would then add obvious relevance to the choices we make today thus ultimately helping us to make the most of our experiences from this point forward.

One session was devoted to taking a look at a time period in our future. During the debrief session that followed, several of us shared a similar vision that provided a consensus verification and validation of our inner journey. It's always so excellent when this happens as it helps to reinforce and strengthen that "trust factor" in one's intuitive abilities.

Near the end of the program, several individuals were getting quite comfortable with examining their local lifetime from the F-15 state. Their momentum seemed to give me a boost, as my final experience was totally unexpected and simply overwhelming – emotionally, mentally, and spiritually! It took me days to get grounded and I'm still processing it.

TMI trainer Franceen King has often said that "transformation is essentially on-going shifts in identity" and my recent exploration with *Timeline* demonstrated this point with crystal clarity. *Timeline* is a powerfully insightful and personally engaging program that will provide you with a unique opportunity to collect the puzzle pieces of who it is that you are and to illuminate the pathway to your purpose. I would strongly recommend that you sign up for it as soon as you can. This is one program you won't want to miss!